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**June 23 to 26, 2019** marked the 4<sup>th</sup> major step of the **JUMP!** project towards creating a European vision for vocational training in eco-construction, by establishing a training for trainers: Our 4<sup>th</sup> plenary meeting was hosted by the Centre for Alternative Technology (CAT) in Wales. The focus lay on exploring some **innovative methods** for **teaching sustainability** and **cooperation**. Such as:

### The Name Game

To start things off we literally got in touch with each other: by shaking hands and saying our name – and taking on the name we just heard. We carried on until we finally met our real name again. Of course it ended in organised chaos ...

Reflection: Loosening up, setting the playful, humorous mood, while fulfilling the very necessary task of getting to know (remembering) each other in the group quite effectively.

### Practice for Understanding Experiential Learning: the Origami Rabbit

The goal: folding an origami rabbit. Two groups were given different instructions: The first group were told to make an origami rabbit without any instruction; the second group were given an oral description before being allowed to actually make the thing.

After some discussion about what we “learned” so far, the trainer showed how to do it by doing it and everybody followed her lead step by step. Nonetheless: everybody’s rabbit came out ... different, and the most imaginative were in the group with no instructions!

Reflection: What would be the most effective way of teaching? What have we learnt about ourselves as trainers and trainees, respectively?



### Tug-of-War? Tug-of-Play!



Instruction: This game only ends when the last member of a team gives up.

What happened: We pulled hard in a competitive way, until we realised that we could ‘not pull’ and still not give up, and went for a fun walk all together!

Next we were asked to find words for the situation we created (*fun, confusion, change, cooperation, enlightening nonsense, ...*) and words describing our doing (*focused, trust, fully awake, ...*), and act on these words (saying/shouting/whispering it, move to it with eyes closed ...).

Reflection: Exploring our free will, focusing our energy through words and physical exercise.

## Theatre Play



Objective: Dress up as character trait you **want to lose** in order to **stop it** from **hindering** you in your development as trainer. Then do the same with **something that symbolises the trainer you want to become**.

Everyone got right into it and had fun, then explained to each other what it was they were hoping to shed, or move towards. This allowed people to name and act out the things that hold them back and try out the persona of the better person they want to become.

Reflection: A strong feeling of liberation or even catharsis.

## Tillits Star

A pentagram was drawn on the ground with terms at each point on **human skills for change: change, cooperation, creativity, consciousness, trust**. Participants were asked to move to different points:

- 1/ Move to the corner you associate with: success, youth, money, training, learning, future, failing...
- 2/ Choose the most important theme for your work as a trainer.
- 3/ Which aspect is the strongest skill you feel you have as a trainer?

- 4/ Which aspect is your weakest one, the one you do not have now and want to develop? And what can you do to strengthen this skill?

Reflection ... is the whole point of this intense tool – structured, focused and combined with some physical experience by actually moving from one (stand)point to another, every time getting together with a different group. An established method inside JUMP! that was used in each meeting so far (picture is from the kick-off meeting).



Well, we could go on ... The project film "Change" produced by Tillitsverket was screened again and produced some heated discussion on the purpose of it and whether it is an elite thing that has nothing to do with eco-construction or a heart- and soul-warming impulse that really sets the tone for the whole project. So without going any deeper into this, it can be said without any doubt that this 25 minutes of deep reflection, captured in images of beauty, did hit a nerve in everybody. Which can be seen as a rare quality in itself.

We did some physical stuff like trying to unbalance each other – or quite the opposite as seen in the picture. We learned about deer ears and owl eyes, whilst connecting to nature and to each other (being at an exceptional venue to do just that). We were provided with experiential learning and a fair amount of theory on experiential learning (behavioural teaching pyramid; 8 shields natural cycle; the origami rabbit exercise trying to bridge these two sides by making an experience out of theory).

We listened to yet another version of the manifesto of JUMP! which is work in progress like the whole project. Since change is a universal constant (!) the work can by definition never be finished. Nonetheless we know we are on a clear path to an outcome that reflects the groups efforts and contributes to making the world a better place. There, we said it!

JUMP! now enters its last year out of 3: Time for maturation, before final production and translation of the 4 planned training for trainer modules.

Our next public dissemination event will take place in Slovakia, linked to the 15<sup>th</sup> Healthy Houses International Conference on Saturday afternoon 28.9.2019, at the ArTUR Ecocentre in Hrubý Šúr.

The program will invite you to explore a piece of each of the 4 modules :

- 14:00 – Zuzana Kierulfová / ArTUR, Slovakia – Presentation of the JUMP project
- 14:15 – Bjorn Kierulf / Createrra, Slovakia – How to Teach Sustainability – Quiz Game (Module 1)
- 15:00 – Stano Prorok / Hlinár, Miesto – Professional Story of Change
- 15:15 – Star Game – Audience Engagement (Module 2)
- 15:45 – Coffee break
- 16:00 – Roman Miskov / Bioline, Slovakia – Professional Story of Change
- 16:15 – How to Ensure Quality, ECVET Interactive Evaluation (Module 3)
- 17:00 – Lubica Gulašová / Arterre, Slovakia – Professional Story of Change
- 17:15 – Zuzana Spodniaková / The State Institute for Vocational Education, Slovakia – Mobility within the EU, Europass (Module 4)
- 18:00 – Discussion, Conclusions and Snacks

Full conference information: <https://ozartur.sk/podujatie/healthy-houses-conference-2019/>

Our next plenary meeting will be held in Slovakia in November 2019.

In 2020 we will start testing the training modules – and we might invite you to participate!

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